

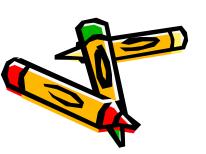
Medicaid Mental Health Benefits

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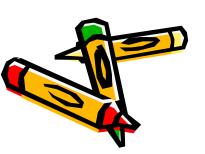
Benefit Categories

- Service Coordination
- · Mental Health Clinic
 - Psychotherapy
 - Medication Management
 - Partial Care (Day Treatment)
- · Psycho-social Rehabilitation (PSR)



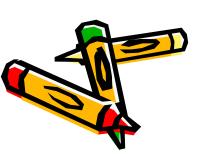


- Linking the Participant to Needed Services.
 - Finding, arranging and assisting the participant to maintain services, supports, and community resources identified on the service plan; and
 - Advocating for the unmet needs of the participant and to encourage independence.

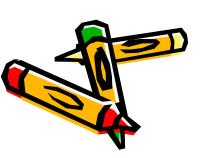




- · Monitoring and Coordination of Services.
 - Assisting the participant and his family or guardian to coordinate and retain services, and assure consistency and non-duplication between services; and
 - Assuring that services are satisfactory to the participant and making adjustments in the plan of service when needed.

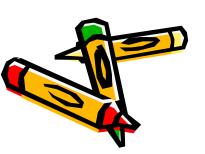


Adults with severe and persistent mental illness are eligible for service coordination if they:



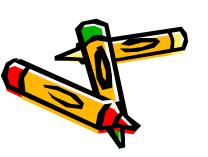


- Are eighteen (18) years of age or older; and
- Have a history of using, high cost medical services associated with periods of increased severity of mental illness; and

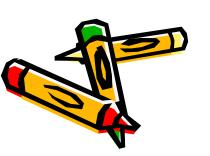




- Are diagnosed within one (1) of the following classification codes:
 - Schizophrenia and other psychotic disorders;
 - Delirium, dementia, and amnestic disorders; other cognitive disorders; and mental disorders due to a general medical condition;



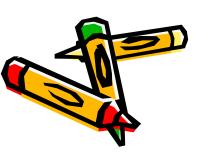
- Mood disorders bipolar and depressive;
- Schizoid, schizotypal, paranoid or borderline personality disorders; and
- If the only diagnosis is mental retardation or is a substance related disorder, then the person is not included in the target population for mental health service coordination.



· Have a mental illness of sufficient severity to cause a disturbance in their role performance or coping skills in at least two (2) of the following areas, on either a continuous (more than one (1) year) or an intermittent (at least once per year) basis:



- Vocational or academic;
- Financial;
- Social and interpersonal;
- Family;
- Basic living skills;
- Housing;
- Community;
- Health.



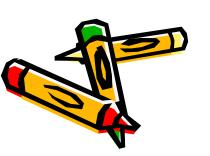


Service Coordination for persons with mental illness is limited to five (5) hours per month.





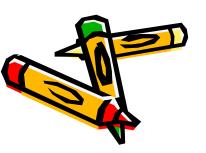
The Department will pay for preventive, diagnostic, therapeutic, rehabilitative, or palliative items or services provided by a mental health clinic to a participant who is not an inpatient in a hospital or nursing home or correctional facility.





Psychotherapy Treatment Services in Mental Health Clinics

- Psychotherapy is often used either alone or in combination with medications to treat mental illnesses.
- Called "therapy" for short, the word psychotherapy actually involves a variety of treatment techniques.

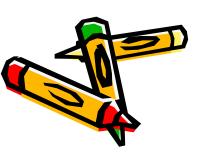


 During psychotherapy, a person with a mental illness talks to a licensed and trained mental health care professional who helps him or her identify and work through the factors that may be triggering their illness.

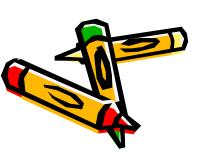


Psychotherapy helps people with a mental disorder:

- Understand the behaviors, emotions, and ideas that contribute to his or her illness.
- Regain a sense of control and pleasure in life.
- Learn coping techniques and problemsolving skills.

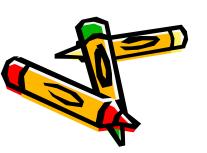


 Understand and identify the life problems or events -- like a major illness, a death in the family, a loss of a job or a divorce -- that contribute to their illness and help them understand which aspects of those problems they may be able to solve or improve.

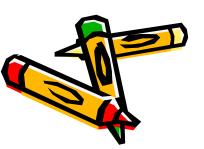


Types of Therapy

- Individual: This therapy involves only the patient and the therapist.
- Group: Two or more patients may participate in therapy at the same time.
 Patients are able to share experiences and learn that others feel the same way, and have had the same experiences.



· Family: Because family is a key part of the team that help's people with mental illness get better, it is sometimes helpful for family members to understand what their loved one is going through, how they themselves can cope, and what they can do to help.



Pharmacological Management

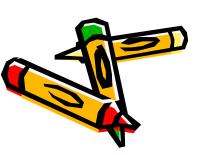
 Consultation for the purpose of prescribing, monitoring, and/or administering medication.



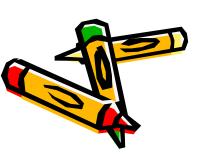


Limits on Mental Health Clinic Services

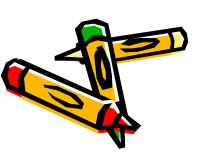
 Basic Plan: Services provided by Mental Health Clinics are limited to twenty-six (26) services per calendar year. This is for any combination of evaluation, diagnosis and treatment services.



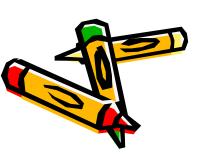
 Enhanced Plan: Individual, family and group psychotherapy services are limited to forty-five (45) hours per calendar year.



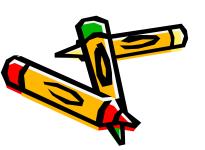
In order for a participant to be eligible for Enhanced Outpatient Mental Health services, the following criteria must be met and documented:



- Other services have failed or are not appropriate for the clinical needs of the participant.
- The services can reasonably be expected to improve the participant's condition or prevent further regression so that the current level of care is no longer necessary or may be reduced.



- The following participants cannot participate in Enhanced Outpatient Mental Health Services:
 - Participants at immediate risk of selfharm or harm to others who cannot be stabilized:
 - Participants needing more restrictive care or inpatient care; and

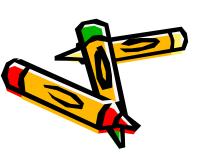


To be eligible for services, a participant must be eighteen (18) years or older and have a serious mental illness:





 Currently or at any time during the year, he must have had a diagnosable mental, behavioral, or emotional disorder of sufficient duration to meet the diagnostic criteria specified in the DSM-IV-TR;



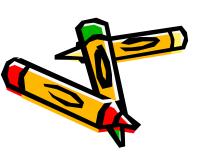
- The participant must have a diagnosis under DSM-IV-TR, of:
 - Schizophrenia
 - Schizoaffective Disorder
 - Bipolar I Disorder
 - Bipolar II Disorder
 - Major Depressive Disorder Recurrent Severe



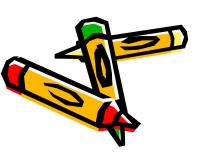
- Delusional Disorder
- Borderline Personality Disorder
- The only Not Otherwise Specified (NOS) diagnosis included is Psychotic Disorder NOS for a maximum of one hundred twenty (120) days without a conclusive diagnosis.

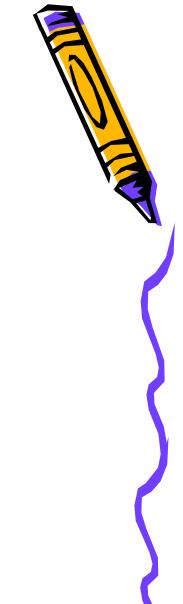


· The psychiatric disorder must be of sufficient severity to cause a substantial disturbance in role performance or coping skills in at least two (2) of the following areas on either a continuous or an intermittent, at least once per year, basis:



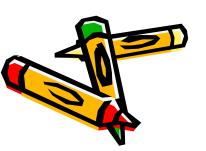
- Vocational/educational;
- Financial;
- Social relationships/support;
- Family;
- Basic living skills;
- Housing; Community/legal; or
- Health/medical



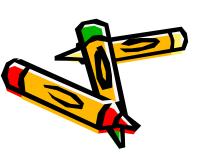


Partial Care

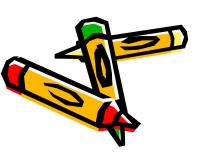
- An Enhanced Plan Benefit.
- Treatment for those children with serious emotional disturbance and adults with severe and persistent mental illness whose functioning is sufficiently disrupted so as to interfere with their productive involvement in daily living.



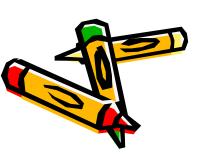
 Partial care services are a structured program of therapeutic interventions that assist program participants in the stabilization of their behavior and conduct through the application of principles of behavior modification for behavior change and structured, goal-oriented group socialization for skill acquisition.



- In order to be considered a Partial Care service, the service must:
 - Be provided in a structured environment within the MHC setting;
 - Be a needed service as indicated through the comprehensive assessment;
 - Be identified on the individualized treatment plan;
 - Provide interventions for relieving symptoms and acquiring specific skills.



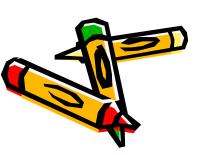
- Partial care services are limited to thirtysix (36) hours per week per eligible participant.
- Services that focus on vocation, recreation or education are not reimbursable under Medicaid Partial Care. Services that are provided outside the clinic facility are not reimbursable.



Psycho-Social Rehabilitation

Psychosocial Rehabilitative Services (PSR).

- A benefit under the Enhanced Plan.
- Eligibility Criteria is the same as that for Partial Care.

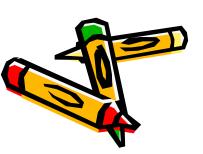


Psycho-Social Rehabilitation

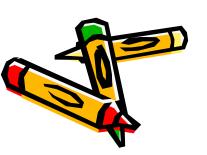
 Rehabilitative services provided both to children with serious emotional disturbance and to adults with severe and persistent mental illness to address functional deficits due to psychiatric illness and to restore independent living, socialization, and effective life management skills.



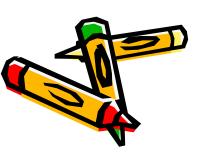
- The goal of PSR services is to aid participants in work, school, family, community, or other issues related to their mental illness.
- It is also to aid them in obtaining developmentally appropriate skills for living independently and to prevent movement to a more restrictive living situation.



 All services provided must be clinically appropriate in content, service location and duration and based on measurable and behaviorally specific and achievable objectives.

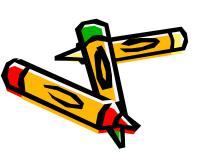


- PSR consists of the following services:
 - Pharmacological Management Services
 - Individual PSR
 - Group PSR
 - Crisis Intervention Services
 - Collateral Contact

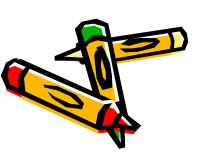


Individual PSR

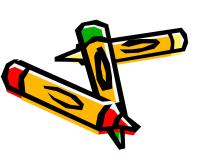
- Individual psychosocial rehabilitation must be provided in accordance with the objectives specified in the individualized treatment plan.
- Individual PSR is a service provided to an individual participant on a one-to-one basis.



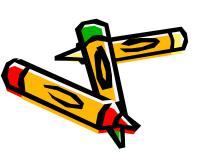
- Individual PSR includes one (1) or more of the following:
 - Assistance in gaining and utilizing skills necessary to undertake school, employment, or independence. This includes helping the participant learn personal hygiene and grooming, selecting and acquiring appropriate clothing, time management and other skills related to participant's psychosocial circumstances;



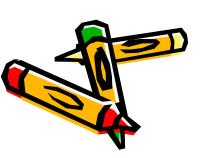
 Ongoing on-site assessment, evaluation, and feedback sessions, including one hundred twenty (120) day reviews, to identify symptoms or behaviors related to the participant's mental illness and to develop interventions with the participant;



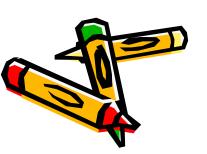
 Individual interventions in social skill training to improve communication skills and facilitate appropriate interpersonal behavior directly related to the participant's mental illness;



 Problem solving, support, and supervision related to activities of daily living to assist participants in gaining and utilizing skills such as personal hygiene, household tasks, use of transportation, and money management;



- Assisting the participant with receiving necessary services when he has difficulty or is unable to obtain them.

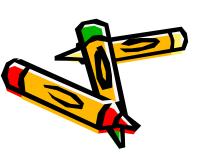


under state law.

- Medication education may be provided by a licensed physician, licensed nurse, or a licensed practitioner of the healing arts within the scope of his practice



- Development of coping skills and symptom management to identify the symptoms of mental illness that are barriers to successful community integration and crisis prevention.

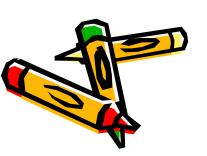


Group PSR

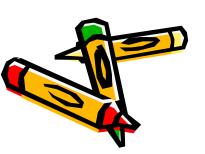
- Group PSR is a service provided to two (2) or more individuals concurrently.
- This service includes one (1) or more of the following:



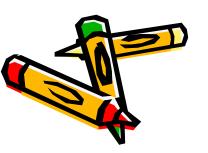
- Medication education groups;
- Employment or school-related groups to focus on symptom management on the job or in school, symptom reduction, and education about appropriate job or school-related behaviors;



 Communication and interpersonal skills groups, the goals of which are to improve communication skills and facilitate appropriate interpersonal behavior;



- Symptom management groups to identify mental illness symptoms which are barriers to successful community integration, crisis prevention, problem identification and resolution, coping skills, developing support systems and planning interventions; and



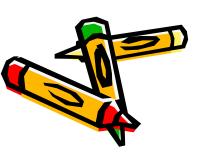
- Activities of daily living groups which help participants learn skills related to personal hygiene, grooming, household tasks, use of transportation, socialization, and money management.



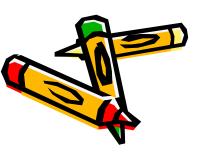
- Crisis Intervention Services
 - Crisis support includes intervention for a participant in crisis situations to ensure his health and safety or to prevent his hospitalization or incarceration.
 - A maximum of twenty (20) hours of crisis support in a community may be reimbursed per crisis during any consecutive five (5) day period.



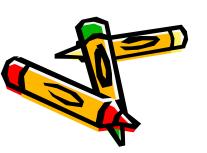
- A crisis may be precipitated by loss of housing, employment or reduction of income, risk of incarceration, risk of physical harm, family altercation or other emergencies.
- PSR agency staff may deliver direct services within the scope of the rules or link the participant to community resources to resolve the crisis or both.



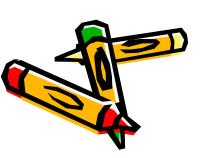
- · Collateral Contact
 - Used in order to gather and exchange information, provide interpretation or explanation of results of psychiatric evaluations, medical examinations and procedures, other accumulated data to family or other responsible persons, or advise them how to assist the participant.



- Limitations
 - Any combination of PSR services excluding crisis hours are not to exceed twenty (20) hours per week and must be prior authorized by the Department.
 - Services in excess of twenty (20) hours require additional review and prior authorization.



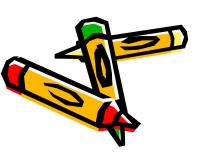
- Place of Service
 - PSR services are to be home and community-based.
 - PSR services must be provided to the participant in his home and community whenever possible. Any other location, including a provider's office or clinic, may be used if the specific place of service is stated in the individualized treatment plan and is prior authorized.



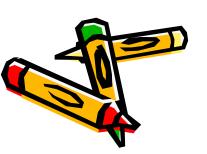
- PSR services may be provided to a participant living in a residential or assisted living facility if the PSR services are determined by the Department to be appropriate, desired by the resident, and are not the responsibility of the facility or another agency under the Negotiated Service Agreement for residential or assisted living facilities.



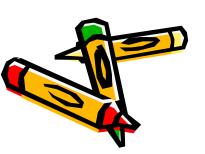
- Excluded services not reimbursable under Medicaid:
 - Treatment services rendered to participants residing in inpatient medical facilities including nursing homes, or hospitals;
 - Activities which are primarily social or recreational in purpose;



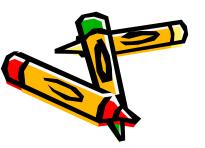
- Job-specific interventions, job training and job placement services which includes helping the participant develop a resume, applying for a job, and job training or coaching;
- Staff performance of household tasks and chores;



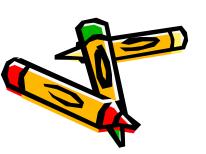
- Treatment services for persons other than the identified participant;
- A participant staffing between two (2) staff who both provide PSR services within the same agency is not reimbursable;



- Delivery of medication only;
- Services provided between the expiration date of one (1) plan and the start date of the subsequent treatment plan;



- The provision of transportation services and staff time to transport;
- Treatment services rendered to participants who are residing in a public institution.



Medicaid Mental Health Benefits

Coordination of Services

- IDAPA 16.03.10.114.09
- The provider agency or its designee must monitor, coordinate, and jointly plan with all known providers to a participant to prevent duplication of services provided to Enhanced Outpatient Mental Health Services participants through other Medicaid reimbursable and non-Medicaid programs.







